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ARMSTRONG COMING BACK {page 08}

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Good Samaritan finds abducted 5-year-old

Nelson Mandela Myers was on his way to work when he heard Nailla Robinson cry for help in an Upper Darby playground ‘She was barefooted, she was shivering,’ he says School released child to her abductor {page 02}

Television. ‘American Idol’

▶ Don’t focus on the new “Idol” judges — or their drama — says Mariah Carey, who is joined by Nicki Minaj and Keith Urban this season. {page 14}

music

Wailers focus on ‘Survival’

Aston ‘Family Man’ Barrett on a militant part of Bob Marley’s legacy {page 13}

home

‘Happy Chic’ your home

Jonathan Adler on how to create a space friends will never want to leave {page 26}

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PLUS:

SO MUCH ‘TROUBLE’ FOR RAPPER T.I. {page 12}

Good Samaritan comes to aid of abducted child

'She was barefooted, she was shivering,' said Nelson Mandela Myers on finding Robinson School released 5-year-old to her kidnapper

PHOTOS: RICARD LARMA/METRO

Nelson Mandela Myers got a hero's welcome at a press conference yesterday for saving Nailla Robinson (inset).

Police are trying to figure out who abducted 5-year-old Nailla Robinson from W.C. Bryant Elementary School on Monday and how she ended up at 69th Street Athletic Field, where she was found early yesterday morning alone, shivering and clothed only in an ankle-length adult T-shirt.

But they are glad she was discovered by 27-year-old Nelson Mandela Myers, who heard her cries at 4:40 a.m. on his way to work.

"We were lucky," Upper Darby Superintendent Michael Chitwood said. "We were lucky he went by and that he stopped and listened, because we live in a society today where people just keep on walking — they don't want to get involved. And he got involved."

Myers yesterday spoke out about the ordeal. "When I was walking past the playground, I heard a scream saying, 'help, help,'" he said. He found Robinson hiding under a slide, lifted her over the playground's gate and wrapped her in his coat.

"She only had a T-shirt on and it was wet," he said. "She didn't have [anything] else on. She was barefooted, she was shivering — it was a crazy moment." He said the girl was dirty, disheveled and had a fresh cut on her lip, but nothing on her feet, which made him believe she was dumped there.

"There's no way that child got into that playground," Chitwood agreed. "She had to be placed in that playground."

Alex Wigglesworth
awigglesworth@metro.us

On the suspect

Police said a woman whose face was obscured by black Muslim-style clothing took Robinson before 9 a.m, but her family didn't realize she was gone until dismissal.

"She said she took her to a house and there was a male in the house," Chitwood said. "They took her clothes off and blindfolded her." The child is being screened for signs of sexual assault.

"At this point, we believe the female who entered that school was a total stranger," Capt. John Darby said, adding that doesn't mean the woman was unknown to the child's family.

METRO/AW

By the book

The school district observes the following policy when it comes to adults picking up students:

- Adults are first required to go to the school administrator's office and show government-issued photo identification.
- The ID must be checked against the student's file to make sure that adult is authorized to pick up the child.
- Administrators then call the classroom and ask for the child to be escorted to the office.
- The adult can leave the building with the child after the administrator briefly observes their interaction to make sure nothing seems out of the ordinary.

School at fault

School district spokesman Fernando Gallard said the abductor apparently breached protocol, bypassing the administrator's office by signing her name on a log-in sheet at the front desk, then proceeding directly to the child's classroom. "A very crucial point here is that no student should be released from the classroom and that's what occurred here," Gallard said. "So if the adult is able to bypass the front office, every teacher and staff member in the building should know that the only way to release a student to an adult is by following that protocol."

In the news

Man smuggles crack in his buttocks

A Wilkes-Barre man was arrested Monday for allegedly hiding 30 grams of crack-cocaine in his buttocks, according to The Citizens' Voice.

Police said the drugs were found after Vincent Jones Jr., 30, arranged to sell crack to an informant and was subsequently arrested and taken to the district attorney's office.

He is charged with possession with intent to deliver a controlled substance, attempt to deliver a controlled substance, criminal use of a communication facility, and possession of a controlled substance and drug paraphernalia.

METRO/AW

Local tweet

"When did it become cool to put MLK on ur party flyer wearing a gold chain holding a bottle of ciroc ?"

PHILLY HIP-HOP ARTIST ANTWAN DAVIS, @ANTWANDAVISEST, ON THE UNIQUE WAY SOME PHILADELPHIANS ARE CELEBRATING CIVIL RIGHTS ACTIVIST MARTIN LUTHER KING JR., WHOSE BIRTHDAY WAS YESTERDAY AND WILL BE OBSERVED AS A FEDERAL HOLIDAY ON MONDAY

In the news

Pucker up, Philly

PENN'S LANDING. Gillette will hold a "live national experiment" on Friday to test the recently released hypothesis that 66 percent of women have avoided kissing a guy because he had facial hair.

Philadelphians are invited to pucker up during the "Kiss & Tell" event at the Blue Cross River Rink between 5 p.m. and 11 p.m.

Couples whose male halves have facial stubble will be asked to conduct an introductory interview, kiss, shave and then kiss again.

A short follow-up survey will be handed out to determine whether stubbly or smooth-shaven skin is more "kissable." All male participants will receive free Gillette products, while women will be gifted with CoverGirl lip gloss.

Those who can't make it can join in online. The experiment's national results will be announced this Valentine's Day.

66%

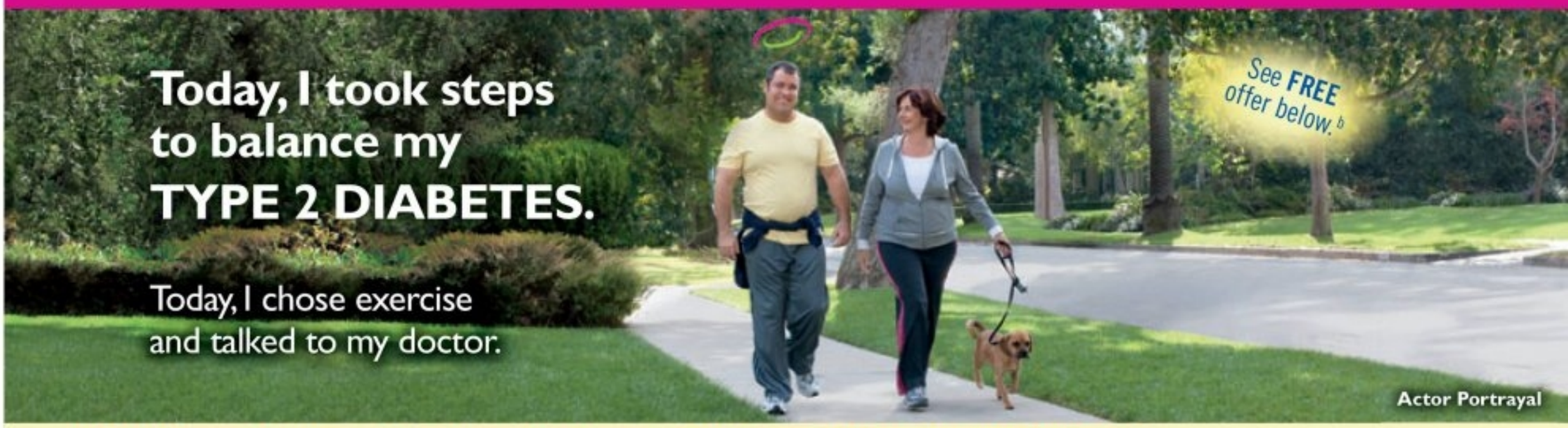
The percentage of women who have avoided a kiss because of facial hair, according to Gillette

METRO/AW

RICARD LARMA/METRO

Show us the love, Philly!

JANUVIA® (sitagliptin) tablets are widely available on most insurance plans.[a]


Today, I took steps to balance my TYPE 2 DIABETES.
Today, I chose exercise and talked to my doctor.
See FREE offer below.[b]
Actor Portrayal

JANUVIA works to lower blood sugar in 2 ways. Talk to your doctor about JANUVIA today.

- **JANUVIA is a once-daily prescription pill that helps your body increase the insulin made in your pancreas and decrease the sugar made in your liver.**
- **Along with diet and exercise, JANUVIA helps lower blood sugar levels in adults with type 2 diabetes.**
- **By itself, JANUVIA is not likely to cause weight gain or low blood sugar (hypoglycemia).**

JANUVIA (jah-NEW-vee-ah) should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

Selected Risk Information About JANUVIA

Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

Kidney problems, sometimes requiring dialysis, have been reported.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heartbeat, sweating, and feeling jittery.

Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

Call 1-888-JANUVIA or visit www.Januvia.com.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

[a] Formulary data provided by Pinsonault Associates, LLC, April 2012.

Please read the Medication Guide on the adjacent page for more detailed information.

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Januvia® (sitagliptin) tablets

[b] **Terms and conditions apply. Please see next page.**

Eligible patients may receive a free 30-day trial supply of JANUVIA® (sitagliptin) tablets.

Dose _____mg
Offer valid for up to 30 tablets.

1. Take this voucher to your next appointment. Ask your doctor about JANUVIA.
2. Get a free 30-day trial supply of JANUVIA if your doctor says it's right for you.
No purchase is required. Not valid for refills.

JANUVIA is a prescription medication. Only your health care provider can decide if JANUVIA is right for you.

How this voucher works:

- This voucher can be used 1 time before the expiration date.
- To receive your free 30-day trial supply of JANUVIA, take this voucher with your valid signed prescription to any participating eligible retail pharmacy (certain restrictions apply).
- There is no requirement to purchase any product or service to receive your free 30-day trial supply of JANUVIA.
- Restrictions apply. **Please see Terms and Conditions on the back of this voucher.**
- **Expiration Date: 06/30/2013**

Prescriber

To initiate a free 30-day trial supply for an appropriate patient, you should:

- **Read the Prescribing Information before prescribing JANUVIA.**
- Write a prescription for up to 30 tablets of JANUVIA. No substitutions are permitted.
- Refills are not required and there are no requirements to purchase any product or service to use this voucher. If you want your patient to continue taking JANUVIA beyond the free trial period, please write a separate prescription based on your recommended therapy.
- Fill in the dose on this voucher.
- Give the valid signed prescription and this voucher to the patient.
- Eligible patients can take this voucher and the prescription to any participating eligible retail pharmacy to receive their free 30-day trial supply.
- For additional copies of the Prescribing Information, call 800-672-6372, visit www.Januvia.com, or contact your Merck representative.

Pharmacist

- Only 1 voucher may be used per patient. Voucher may not be transferred to another patient.
- There is no requirement for patient to purchase any product or service and refills are not required.
- Please ensure that the medication and dosage strength selected match the medication and dosage strength on the prescription.
- **Submit claim to McKesson Corporation using BIN No. 610524. For pharmacy processing questions, please call the Help Desk at 800-657-7613.**
- For all other prescriptions, please use the patient's primary method of payment and a new Rx number.
- By processing this voucher, you agree that no claim for payment or reimbursement may be submitted for the free trial supply to any patient or any third-party payer, including federal or state health care programs (Medicaid, Medicare [including true out-of-pocket expense (TrOOP)], or any other state or federal medical or pharmaceutical benefit or pharmaceutical assistance program), private insurers, and health or pharmacy benefit plans.
- For auditing purposes, a copy of this voucher must be attached to the original prescription and retained by the pharmacy. McKesson Corporation reserves the right to review all records and documentation relating to the dispensing of product.
- By accepting this voucher, you agree to the terms hereof.
- **No universal claim forms will be processed.**

THIS VOUCHER IS NOT INSURANCE.

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Medication Guide

JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

What is the most important information I should know about JANUVIA?

Serious side effects can happen in people taking JANUVIA, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.

Certain medical problems make you more likely to get pancreatitis.

Before you start taking JANUVIA:

Tell your doctor if you have ever had

- pancreatitis
- stones in your gallbladder (gallstones)
- a history of alcoholism
- high blood triglyceride levels
- kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

What is JANUVIA?

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

Who should not take JANUVIA?

Do not take JANUVIA if:

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

Symptoms of a serious allergic reaction to JANUVIA may include:

- rash
- raised red patches on your skin (hives)
- swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

What should I tell my doctor before taking JANUVIA?

Before you take JANUVIA, tell your doctor if you:

- have or have had inflammation of your pancreas (pancreatitis).
- have kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.

  Pregnancy Registry: If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.
- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

How should I take JANUVIA?

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Take JANUVIA tablets whole. Do not split, crush, or chew JANUVIA tablets before swallowing. If you cannot swallow JANUVIA tablets whole tell your doctor.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **"What are the possible side effects of JANUVIA?"**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.
- Check your blood sugar as your doctor tells you to.
- Stay on your prescribed diet and exercise program while taking JANUVIA.
- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

What are the possible side effects of JANUVIA?

Serious side effects have happened in people taking JANUVIA.

- See **"What is the most important information I should know about JANUVIA?"**.
- **Low blood sugar (hypoglycemia).** If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:
  - headache
  - drowsiness
  - weakness
  - dizziness
  - confusion
  - irritability
  - hunger
  - fast heart beat
  - sweating
  - feeling jittery
- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **"Who should not take JANUVIA?"**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.
- **Kidney problems,** sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store JANUVIA?

Store JANUVIA at 68°F to 77°F (20°C to 25°C).

Keep JANUVIA and all medicines out of the reach of children.

General information about the use of JANUVIA

Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.JANUVIA.com or call 1-800-622-4477.

What are the ingredients in JANUVIA?

Active ingredient: sitagliptin.

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

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Revised 04/2012
USMG-T-04311204R008
This Medication Guide has been approved by the U.S. Food and Drug Administration.
DIAB-1039462-0000 07/12

Januvia®
(sitagliptin) tablets

Terms and Conditions

- This voucher is valid for 1 free 30-day trial supply of JANUVIA.
- Limit 1 voucher per patient for the duration of the program.
- Valid for 1-time use only. Free trial offer is valid only for up to 30 tablets of JANUVIA. No purchase is necessary. Refills are not required.
- This voucher is not transferable. No substitutions are permitted. Cannot be combined with any other free trial, coupon, discount, prescription savings card, or other offer.
- **This voucher is not insurance.**
- You must be 18 years or older to redeem this voucher. Patient, pharmacist, and prescriber agree not to seek reimbursement for all or any part of the benefit received by the patient through this offer. The free trial supply of JANUVIA cannot be used toward any out-of-pocket costs under any plan (such as true out-of-pocket expense [TrOOP]).
- This voucher can be used only by eligible US residents at any participating eligible retail pharmacy in the United States. Product must originate in the United States.
- This voucher is the property of Merck and must be turned in on request.
- Merck reserves the right to rescind, revoke, or amend this offer at any time without notice.
- **It is illegal to sell, purchase, trade, or counterfeit this voucher. Void if reproduced. Void where prohibited by law, taxed, or restricted.**
- **Please read the accompanying Medication Guide and discuss it with your doctor. Also available is the physician Prescribing Information.**
- **Expiration Date: 06/30/2013**

Januvia®
(sitagliptin) tablets

Mayor urges new 'corporate code of conduct' for gun retailers

'Sandy Hook Principles' aim to curb irresponsible retailers, manufacturers Investors encouraged to pull funds from companies that don't comply

RIKARD LARMA/METRO

Nutter urges companies to help in the fight against gun violence.

With the announcement yesterday of the "Sandy Hook Principles" for corporate conduct, Mayor Michael Nutter set a new trajectory in his ongoing fight against gun violence aimed to hit irresponsible firearms manufacturers and retailers where it hurts — their wallets.

"Americans have economic power in how we choose to spend and invest our money," Nutter said. "We can and should use that power to send a very strong message that irresponsible corporate behavior will not be tolerated."

Nutter introduced a 20-point set of rules that he hopes companies involved in the creation or sale of guns or ammunition will follow. He's urging investors to pull funds from those companies that don't comply. "I am asking all cities, states, transit systems, schools, colleges, universities, hedge fund and pension fund managers, venture capital funds, and all other organizations that hold investments with private corporations to review the Sandy Hook Principles and consider their adoption as part of your investment strategy," he said.

City Solicitor Shelley Smith will next week ask the Philadelphia Pension Board to adopt the Principles.

Alex Wigglesworth
awigglesworth@metro.us

Key points

Some of the 20 principles that companies in which city money is invested will likely soon have to follow include:

- Supporting restrictions on firearm and ammunition sales to keep guns out of the hands of children, criminals and the mentally ill
- Ensuring each firearm manufactured or sold has the appropriate safety device
- Supporting the creation of a universal federal background-check system against which all gun sales are checked
- Monitoring gun sales to identify patterns — such as purchase timing or quantity — that indicate their buyer may be a straw purchaser

Inspired by activist history

Nutter and members of his administration said they were inspired by the work of Philadelphia-born Rev. Leon Sullivan, who in the 1970s helped turn public opinion against apartheid by drafting a set of principles for American companies operating in South Africa and boycotting those that didn't adopt them.

RIKARD LARMA/METRO

Nutter

"Philadelphia was one of the first pension funds to divest from companies doing business in South Africa," Nutter said. "We saw that movement go all across this country to virtually every big city and other cities in America."

He hopes history will repeat itself. "If more and more and more and more of us take this kind of action, it will amount to a lot of money," he said. "And I believe the industry will have to then pay attention."

METRO/AW

Weighed Down by Weight Issues?

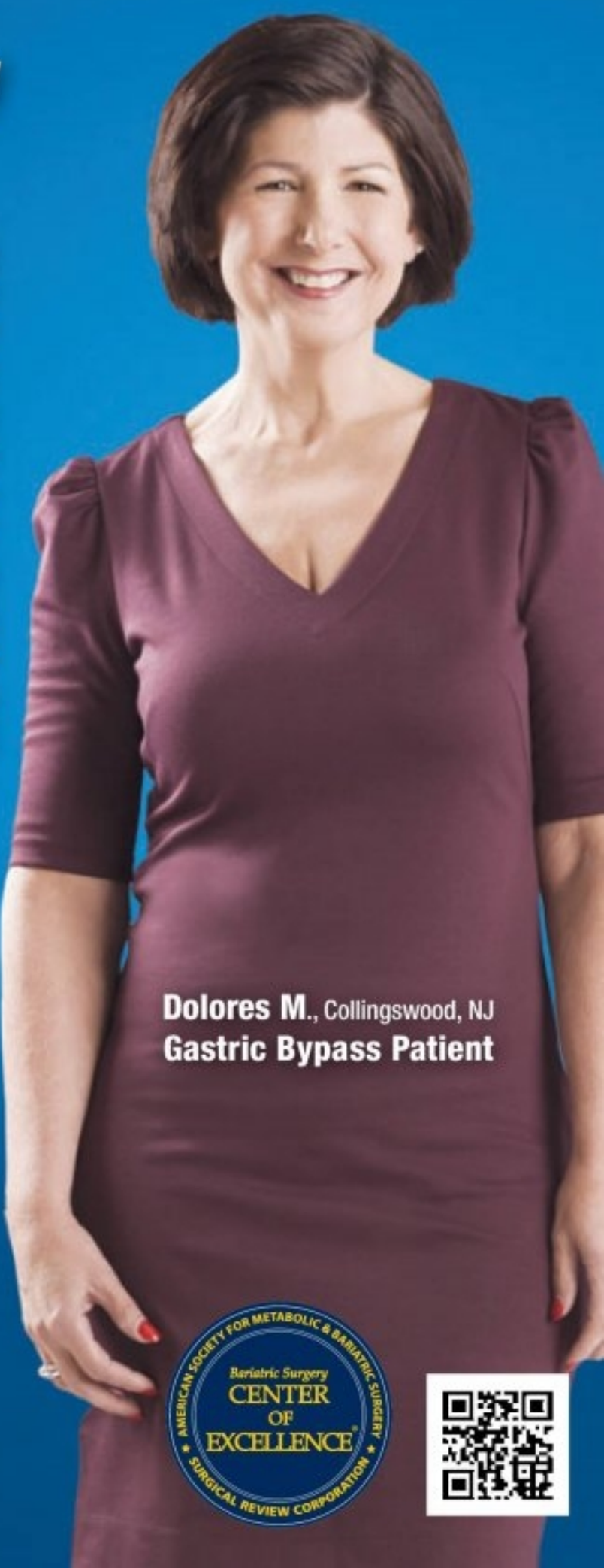
Bariatric surgery may be the answer.

"As a single mother, the most important thing is to be there for my son. It was hard for me to admit that when it came to my weight, I might need someone supporting me. After years of struggling with the ups and downs of ineffective dieting, I made the decision to go to Jefferson. Their Bariatric and Metabolic Surgery team made me feel completely comfortable and has continued to be my biggest cheerleader, with monthly support groups that have helped me lose–and keep off–115 pounds. It's great to know that I am healthy enough to be there for my son. And that Jefferson will be there for me."

Read my entire story and register to attend an upcoming free seminar listed below at *JeffersonHospital.org/myweightloss*

Jefferson University Hospitals – Center City Campus
January 29 and March 5

Jefferson at the Navy Yard
March 5



Dolores M., Collingswood, NJ
Gastric Bypass Patient

Jefferson University Hospitals

1-800-JEFF-NOW

American Society for Metabolic & Bariatric Surgery Surgical Review Corporation Bariatric Surgery Center of Excellence

Admitting that an aging loved one needs assistance with getting around, dressing, preparing meals, taking medications or other day-to-day activities is difficult for all involved. Although it's not an easy move, there comes a time when you realize a new living arrangement may be the best move. Our **Personal Care** apartments provide compassionate care for your loved one when you can't be there. As well as something no other retirement community can offer—the backing and support of one of the area's most respected healthcare providers. That's our promise.

That's Personal Care from Holy Redeemer.

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Senior Fraud: You Don't Always Know it When You See it
Sunday, January 27: 2-4 pm
Seating is limited - RSVP to 1-800-818-4747 by January 21

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Cleaning lady accused of stealing train in Sweden and crashing into residential units

▶ Derailed train after it crashed into an apartment building in Saltsjobaden outside Stockholm.

ISABEL SVENSSON/METRO SWEDEN

A cleaning lady in Sweden stole a train and crashed it into an apartment building yesterday.

Investigators were initially stumped as to how a commuter train careened off its tracks and crashed into a kitchen of an apartment in Saltsjobaden, an affluent suburb south of Stockholm, in the early morning hours yesterday.

But it later transpired that the cleaner, a woman in her 20s, managed to start the four-car train, which had no passengers, and take it for a joy ride, according to train operator Arriva.

Quoted

"It is possible to start the train if you have training and access to a key, but exactly how this happened we have no answer to"

ARRIVA SPOKESMAN TOMAS HEDENIUS

She drove it at high speed some 1.5 kilometers to the end station on the railway line, before it jumped off the rails and traveled another 25 meters and crashed into the three-story building.

The woman suffered serious but non-life-threatening injuries in the crash and was flown to a local hospital, police spokesman Lars Bystrom said. Three families live in the building, but none were injured following the 2:30 a.m. crash, police added.

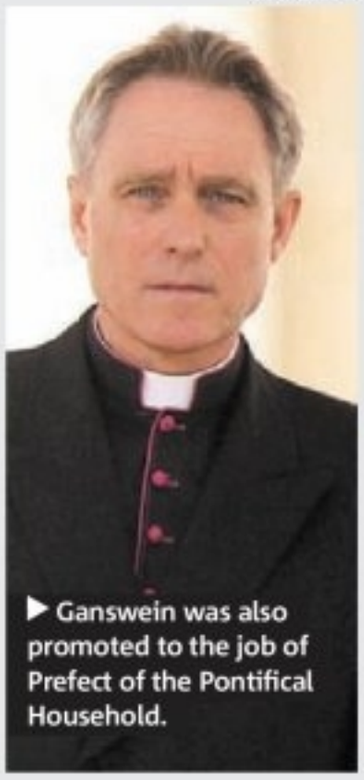
A representative of Arriva said it's unclear how the cleaner got the keys to the train and added that she had not previously been employed as a driver.

GUSTAF ERIKSSON/MWN

In the news

Pope's secretary 'Gorgeous George' on Vanity Fair cover

GETTY IMAGES



▶ Ganswein was also promoted to the job of Prefect of the Pontifical Household.

ROME. Archbishop Georg Ganswein, Pope Benedict's private secretary, who has been dubbed "Gorgeous George" by the Italian media, is now a real-life cover boy.

The prelate has landed on the cover of Vanity Fair.

The cover on the Italian edition of the magazine shows the 56-year-old archbishop smiling, his blue eyes beaming, above a headline that reads "Father Georg, It's not a sin to be beautiful."

The magazine calls Ganswein "The George Clooney of St Peter's" and says it dedicated a cover story to honor his recent promotion to the rank of archbishop and as recognition of his growing power in the Roman Catholic Church.

A spokeswoman for the magazine said Ganswein was not interviewed for the article and did not pose for the cover photo.

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Lance Armstrong hits comeback trail

Confession could see reputation restored and even a return to sport It could also cost him millions and possibly jail time

First there was a tear-stained apology to charity staff, to be followed by a humiliating confession for a global TV audience. Lance Armstrong's descent from icon to disgrace has been dramatic, but it may not be irreversible.

Details of the Texan's date with Oprah on Thursday have leaked, most crucially that he confesses to using performance-enhancing drugs after decades of denial. This barely covers the U.S. Anti-Doping Agency allegation that Armstrong ran "the most professionalized and successful doping program in the history of sport," but could still land the ex-cyclist in serious trouble.

The confession could cost Armstrong tens of millions of dollars in lawsuits from the U.S. government, with a possibility of jail time for perjury. The former seven-time Tour de France champion has already received a lifetime ban from cycling and Olympic sports, lost his lucrative sponsorships and resigned from the Livestrong cancer foundation.

GETTY IMAGES

▶ Donations to Livestrong were "twice the normal levels" after the damning report, the charity claims.

"Rebuilding Lance Armstrong's reputation is the biggest challenge imaginable, but it starts now. He has supporters — and if his story is believable, he has a chance," said John David, CEO at David PR, adding that appearing on Oprah Winfrey's show, rather than hard news alternatives, will help as "she would not skewer him."

Other drug cheats have returned to sport. "It won't happen tomorrow, but there's a path back for him if he is smart," says David.

Kieron Monks
METRO WORLD NEWS

Paying the price

What Armstrong could lose:

- **U.S. Justice Department:** $50 million — value of sponsorship with Armstrong's U.S. Postal Service team; it could also involve fraud claims
- **Prizes and bonuses:** $16 million, which authorities are now seeking — including $12 million to SCA Promotions
- **The Sunday Times:** $1.5 million from a libel case alleging drug use

Armstrong doc: 'We need to get better tests'

After years of denials, Lance Armstrong has reportedly admitted he used performance-enhancing drugs during his seven Tour de France wins.

"Lance Armstrong does bring out a lot of points and discussion," said Dr. Don Catlin, International Olympic Committee medical commissioner. "The reality is Lance had advisors that were able to keep him from getting positive tests. It's confirmed he's had 200 or 300 tests and never had a positive one."

"That bothers me because I probably did 100 of them myself," Catlin added. "We need to get better tests. Everything that Lance is doing, anyone else can do today and get away with it."

World Anti-Doping Agency Director General David Howman iterated that Armstrong's soon-to-be televised confession won't change their decision to ban him from the sport. "Whatever he's got to say [in the interview], the lifetime ban against him is not going to be changed at all," he said.

'Blood doping'

- Catlin explained that "blood doping" means an athlete used substances that increase the amount of blood in the system, in turn upping the amount of oxygen the blood can carry. This can be done in various ways, including using a substance called EPO or transfusing extra blood into the athlete. **MICHELLE CASTILLO**

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White House ban on assault weapons drawing opposition

President Barack Obama will unveil today a package of proposals to cut gun violence, including a ban on sales of assault weapons that faces opposition in Congress even as a majority of the public backs it.

Obama and Vice President Joe Biden will be joined by children who wrote to the president with their concerns following the mass shooting last month at a Connecticut school for the announcement, scheduled for 11:45 a.m. at the White House.

Obama "will broadly address the steps forward he believes we need to take as a nation" to curb gun violence, and a "significant" portion of the proposals will require action by Congress, Carney said. "The president's committed to this."

While Carney refused to preview what the president will introduce, other administration officials said Obama will ask for universal background checks for firearms buyers and a ban on high-capacity ammunition magazines.

Initiatives to strengthen mental-health checks, tighten school safety, address cultural influences and improve the government's ability to collect gun violence information are also on the list. **BLOOMBERG**

▶ A message to President Obama at a makeshift shrine to the victims of the school shooting in Newtown, Conn.

GETTY IMAGES

19

The plan will include 19 separate steps Obama could take through executive action, prompting complaints from Republicans that he will abuse the authority of his office to monitor gun owners and restrict their rights.

Some want a narrower approach

While allies expressed support for the White House plans, some Democrats urged President Barack Obama to take a narrower approach that concentrates on expanding background checks and limiting high-capacity ammunition magazines — proposals that even many gun owners back.

The massacre at Sandy Hook Elementary School pushed the issue of gun violence to the top of the president's agenda in his second term. **BLOOMBERG**

In the news

GETTY IMAGES

▶ French troops

Panetta: US has no plans to send troops to Mali

LISBON. The United States has no current plans to send troops to Mali and is still considering how else to help French forces battling al Qaeda-linked fighters there, Defense Secretary Leon Panetta said yesterday.

The clarification of Washington's position came as France launched fresh air strikes on the fifth day of its military intervention in the West African nation.

Paris has poured hundreds of soldiers into Mali and carried out air raids since Friday in the northern half of the country, which was seized last year by an Islamist alliance combining al Qaeda's north African wing AQIM with Mali's home-grown MUJWA and Ansar Dine rebel groups. **REUTERS**

Obama vows no negotiations on debt, talks loom

WASHINGTON. President Obama vowed he won't negotiate over raising the government's debt ceiling even as he offered to deal on a separate track with the deficit reduction demanded by Republicans.

Warning of economic calamity and stalled payments to Social Security recipients, military personnel and government creditors if the $16.4 trillion debt limit isn't lifted, Obama accused Republicans of holding the nation hostage as he sought to push Congress toward action. **BLOOMBERG**

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THE WORD

Monica Weymouth's take on the world of gossip @monicaatmetro monica.weymouth@metro.us

– Dorothy Robinson will return on Jan. 21.

No 'Silver Linings' for Jen Lawrence

ALL PHOTOS GETTY IMAGES

▶ Unlike Bradley Cooper, Rob Riggle seems interested in Lawrence.

Jennifer Lawrence picked up a Golden Globe for her performance in "Silver Linings Playbook," and it's quite possible she'll also be taking the Oscar home — not to mention anyone she wants in the audience that night. The one man in the world who isn't interested in the 22-year-old knockout? Her equally single and equally pretty co-star **Bradley Cooper**.

"I love her to death. She's amazing, but no," Cooper tells Entertainment Tonight about the prospect of him and Lawrence together. "No, no, no, no, no. Not even close."

Wait a minute, Bradley, we didn't quite get that. One more time? "No, not even close."

Ouch. All of a sudden, his silence on our constant creeping doesn't seem so harsh.

Gosling geeks out

No matter how famous **Ryan Gosling** gets, he seems to still enjoy the little things.

"I did this scene in 'Lars and the Real Girl' where I was in a room full of old ladies who were knitting, and it was an all-day scene, so they showed me how," the actor tells GQ Australia. "If I had to design my perfect day, that would be it. And you get something out of it at the end. You get a nice present. For someone who wants an oddly shaped, off-putting scarf."

Jennifer Lawrence, are you listening to this? Ryan Gosling's oddly shaped scarf is up for grabs!

Gosling

Free Britney Spears

Despite the polished, we'll-always-be-friends statement she issued after calling things off with fiance **Jason Trawick**, **Britney Spears** is reportedly not handling the breakup all that well. In fact, according to Radar Online, the split was orchestrated by Trawick and Spears' father, **Jamie**, who still has legal control of her personal life and finances.

"Jason and Jamie wanted to make sure that Britney didn't lose it, so they had to water things down for her a bit," a source tells the site. "She still hasn't exactly grasped yet that the relationship is totally over."

It's still early, but we're calling it: creepiest story of 2013.

Well played, Ali

In an interview with the Huffington Post, **Tatyana Ali** may have given our favorite answer ever to the standard "what's your favorite guilty pleasure?" question: "Bread pudding with chocolate! And one-night stands."

Ali

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@SteveCarell: Apparently, once you have appeared on television, you are qualified to be a fashion designer.

@kirstiealley: I think I accidentally murdered my pet spider...I stepped on a spider in the hallway ...my under the cabinet spider is MIA

@Sethrogen: I have a very shocking admission to make... I've been doping.

@JimGaffigan: Already resenting that I have to wake up tomorrow.

Carell

Talking points

Stewart, Pattinson sneaking around behind our backs

Kristen Stewart may not have joined **Robert Pattinson** for the Golden Globes ceremony itself, but when she met up with him at an after-party at the Soho House, the "On the Road" actress wouldn't leave his side, according to Us Weekly. "They hung out and stayed close for over an hour," a source says of Pattinson and Stewart, who arrived in a less-than-red-carpet-ready look of jeans and a backward hat. The pair left with a group of friends.

Hire an editor, Jodie Foster

Much has been made of **Jodie Foster**'s rambling, confusing Golden Globes speech, in which she addressed her sexuality and criticized those who expect her to come out of the closet. But at least one thing is certain: It wasn't improvised. "It didn't take me too long to write," she told E! News on her way into the event, before anyone knew what she was going to say. "But there was a lot of whittling down. I had to do a lot of whittling down."

Foster

Add legal bills to Lohan's problems

Lindsay Lohan recently parted ways with her long-suffering attorney, **Shawn Holley**, but apparently there's still some unfinished business between them. "Lindsay owes Shawn over $300,000 in legal fees and she hasn't made any payments to her in over six months," a source tells Radar Online. "Lindsay hadn't paid anything for any of the work Shawn has done on her three new criminal charges of lying to cops, in connection with her car accident."

David Bowie breaks his long silence on the charts

On Sunday, David Bowie notched up his first Top 10 single in two decades with his surprise new release. In his home country of England, the song is No. 1 on the iTunes chart, but according to Billboard.com, the single does not make the Official Charts Company list because its sale is linked to preorders for the British star's upcoming full-length album.

Bowie released his first new song in nearly a decade last week in a surprise launch coinciding with his 66th birthday.

"Where Are We Now?" was produced by long-term collaborator Tony Visconti. The song is a melancholic look back to the time Bowie spent in Berlin in the 1970s with an accompanying video featuring black-and-white footage of the city when it was still divided.

The song, available on iTunes and free to view on his relaunched website, was recorded in New York and will be followed by Bowie's first studio album since 2003, "The Next Day," due out in Australia on March 8 and the United States on March 12.

Fans welcomed the return of one of pop music's most gifted and enigmatic figures, and the hashtags #Bowie and #DavidBowie were trending on Twitter.

Early reaction from the public was mixed, but critics were largely impressed.

"Plenty of veteran musicians are masters of the cunning trick of staying away just long enough for every comeback to be hailed as a return to form, regardless of its true quality," wrote David Smyth of London's Evening Standard. Bowie's label Columbia Records said the new song was a "treasure" that appeared "as if out of nowhere," underlining the element of surprise.

"Throwing shadows and avoiding the industry treadmill is very David Bowie, despite his extraordinary track record that includes album sales in excess of 130 million — not to mention his massive contributions in the area of art, fashion, style, sexual exploration and social commentary," the label said. REUTERS

"Avoiding the industry treadmill is very David Bowie."
COLUMBIA RECORDS IN A STATEMENT

GETTY IMAGES

Bowie, in this recent publicity pic, looks pretty good for a guy in his 60s — to say nothing of the lifestyle he has led.

In the news

Timberlake also returns from musical hiatus

Pop star Justin Timberlake unveiled on Sunday his first single in more than five years, "Suit & Tie," featuring rapper Jay-Z and producer Timbaland, and said a new album would be released later in 2013. The singer had teased his fans last week with a cryptic tweet saying, "I think I am ready" and linking to a video showing him walk into a studio. Timberlake took a break from music after his 2006 album, "FutureSex/Lovesounds," and worked as an actor in movies such as "The Social Network." REUTERS

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Good fortune for the 'Trouble Man'

T.I. returns to the entertainment industry, bringing artists together 'It would be preposterous to come back after my hiatus and not acknowledge that there is a process of rebuilding'

While his run-ins with the law have been tabloid fodder over the past few years, hip-hop star T.I. is staying focused on diversifying his work. The Atlanta rapper has produced his VH1 reality show "Family Hustle," written two books — "Power & Beauty" and its sequel "Trouble & Triumph" — and used his label, Grand Hustle, to introduce the world to his protege, B.o.B. Now he's adding the success of his latest album, "Trouble Man: Heavy is the Head."

Is he worried that fans of his hard-edged hip-hop will be turned off by how much he has broadened his horizons?

Quoted

"My actions and my locations might be a tad bit different, but my mind-set and my heart [are] still the same." T.I.

"It would be preposterous to come back after my hiatus and not acknowledge that there is a rebuilding process," he says. "I'm not the same guy, but I am cut from the same cloth. My morals, my standards are still the same. My actions and my locations might be a tad bit different, but my mind-set and my heart [are] still the same."

The Atlanta-born rapper returned to the charts last month when his eighth album hit No. 2 on Billboard, moving 179,000 units in the first week.

"The response exceeded my expectations. I'm ecstatic that the subject matter and body of work really connected with the audience," he says. "That's an unmatched feeling for an artist."

The next challenge for T.I. is bringing together the stars of his hometown.

"As of right now I'm cultivating the relationships that will allow us to work together in that capacity," he says. "I'm making an attempt at putting together a domestic package that would allow us to go on tour: one that will consist of myself, Trinidad James and I've spoken to Jeezy (and others). I think the new generation, the veterans and the OGs [Original Gangsters] putting together a package will really show the nation what this town has to offer."

G. Valentino Ball
letters@metro.us

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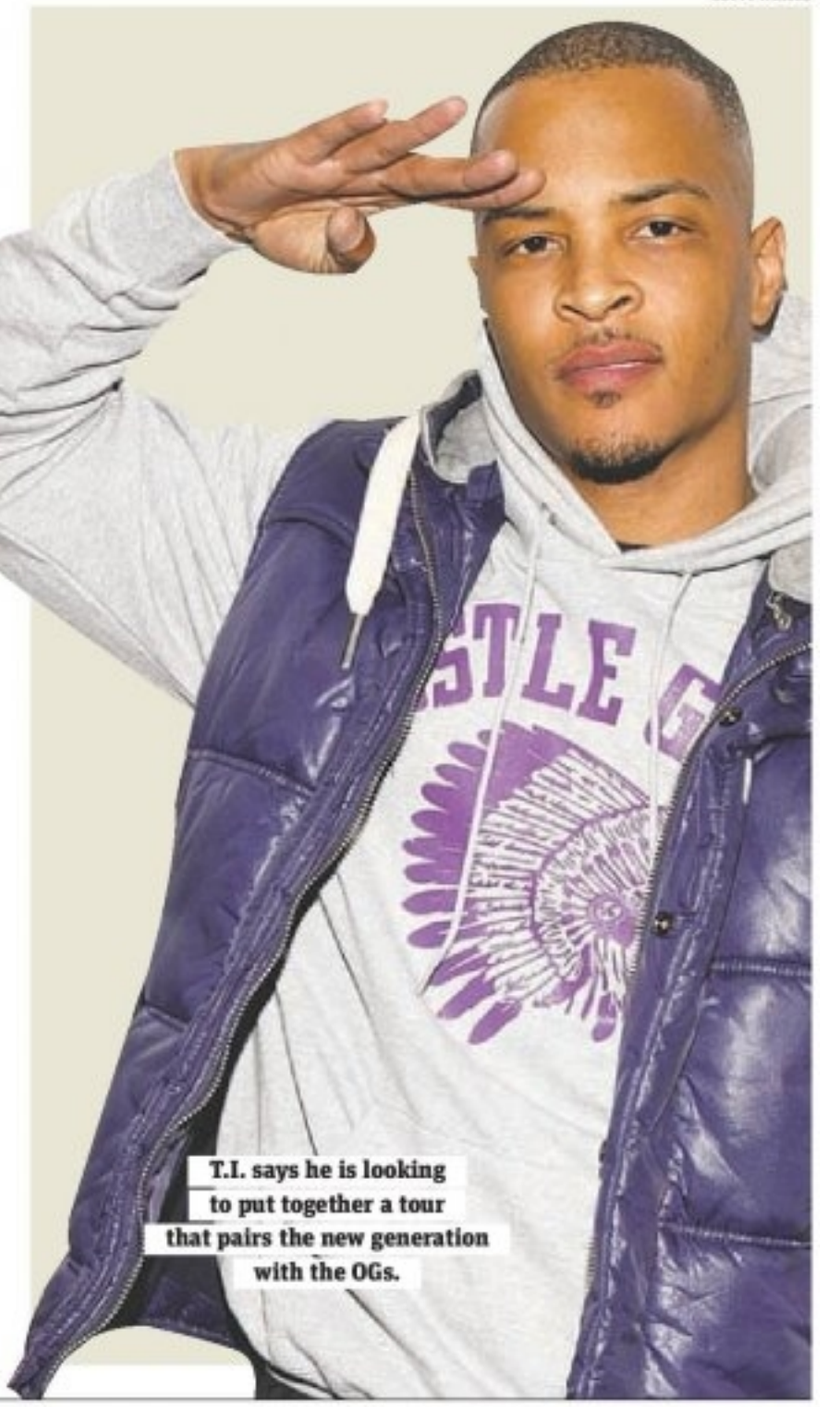

T.I. says he is looking to put together a tour that pairs the new generation with the OGs.

Phil Andrews

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‘Survival’ of the fittest

Wailers founder Aston ‘Family Man’ Barrett on the militant Marley album that the band is playing in full tonight

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▶ Aston “Family Man” Barrett leads the Wailers through “Survival” tonight at World Cafe Live. For more info, visit www.worldcafelive.com.

If you think the essence of Bob Marley & the Wailers includes waving a Red Stripe in the air and singing “every little thing is gonna be all right” along with a cover band, you may be surprised by what you hear at World Cafe Live tonight.

Led by founding member Aston “Family Man” Barrett, the Wailers are playing the 1979 album, “Survival,” in its entirety. This is the first time the band has dedicated a tour to a single album since Marley’s death in 1981. The 10-song collection starts with the desperate “So Much Trouble in the World” and only goes into darker, more militant territory. So why this album? Why now?

“The crisis that’s happening around the globe right now, it’s reminding us of the ‘70s,” says Family Man. The 66-year-old Rastaman speaks like his signature way of playing bass. His voice is deep and he takes pauses that end right after you wonder if you’ll hear from him again. It’s sometimes tricky to decipher his words through his thick Jamaican patois.

He says that the times leading up to recording “Survival” were dark days.

“Because the studio vibrations were so heavy, I keep away from the studio for about a week or two,” he says.

Shortly before recording the album, Marley had survived an assassination attempt (which he deals with on the “Survival” song “Ambush in the Night”) and he had fired the band’s longtime manager. Family Man says the band wanted to bring somebody in to produce the album, something they had not done since early in their career.

“We said if we can’t get Quincy Jones to produce it, we produce it ourselves,” he says.

Pat Healy
pat.healy@metro.us

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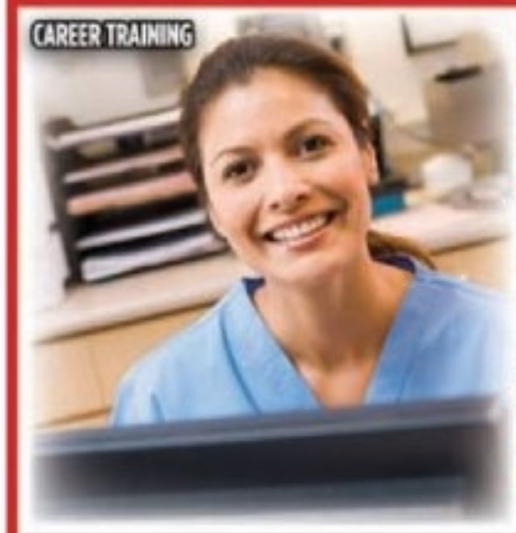

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Camille Z. Charles is the Edmund J. and Louise W. Kahn Term Professor in the Social Sciences and Professor of Sociology, Africana Studies and Education at the University of Pennsylvania. She is the author of *Won’t You Be My Neighbor: Race, Class and Residence in Los Angeles* and co-author of *Taming the River: Negotiating the Academic, Financial, and Social Currents in Selective Colleges and Universities.*

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TV watch list

'Kroll Show'

COMEDY. "The League" star Nick Kroll fleshes out characters from his Comedy Central stand-up special "Thank You Very Cool," including the wannabe music producer Bobby Bottleservice, and introduces even more, like the annoying PubLIZity team of Liz and Liz, for this sketch series. **Series premiere, 10:30 p.m., Comedy Central**

'Top Chef: Seattle'

REALITY. It's an all-out food fight when the men vs. women Restaurant Wars challenge concludes tonight. **10 p.m., Bravo**

'Nashville'

DRAMA. Rayna and Juliette prepare for their first shared-bill concert in San Diego. Keep the backstabbing offstage, ladies. **10 p.m., ABC**

AMBER RAY

What feud? Carey and Minaj play nice before 'Idol' premiere

The big personalities on the show's new judges panel address rumors of a hostile relationship The pair insists this year is 'about the contestants'

MICHAEL BECKER / FOX

From left: Mariah Carey, Keith Urban, Nicki Minaj and Randy Jackson are the Season 12 judges on "American Idol." The season premieres tonight at 8 on Fox.

You might have heard that new "American Idol" judges Mariah Carey and Nicki Minaj haven't exactly been getting along. That they've been "feuding," even.

Well, Carey and Minaj have heard it, too, and they're bored by the reports. "This is a very passionate panel. I think there are a lot of strong personalities," Carey says. "Starting this process, I felt like it was a possibility that there could be differences of opinions. The fighting is what it is. This is 'American Idol.' It's bigger than all that. It's bigger than some stupid, trumped-up thing."

While talk of discord might make for good gossip reporting, it's not good for the show itself, Carey explains. "The whole thing is convoluted," she says. "It's a distraction from the show. It's a distraction to the contestants, and I think it's unfair to them. It should be about the contestants."

Quoted

"It's a distraction to the contestants, and I think it's unfair to them."
CAREY

But how are the two — who will be joined by fellow new judge Keith Urban and the returning Randy Jackson — getting along now? Carey insists that "time heals all wounds" and that the whole disagreement "was sort of one-sided," a contention with which Minaj begs to differ. When asked what they did to put an end to any bickering, Minaj goes for a joking response, saying, "I put out a sex tape." But Carey is much more blunt: "I did nothing, and here we are."

Never would've been an 'Idol'

Feud or no feud, the new judges can at least agree on one thing: Neither of them would've tried out for "Idol" themselves had it been an option.

"I personally would never have wanted to do this type of show — no offense to the show at all, but I've said that since I first heard about the show," Carey says. "I had to learn in front of the world how to just be and be on TV and sing.

"It's sort of like what these kids do, only at that time it was, like, 'The Arsenio Hall Show,' and that would be like, 'Here I am!' It was very tough."

Ned Ehrbar
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Before Big: Costume designer Eric Daman discusses Carrie 1.0

Eric Daman worked with Pat Field to dress Carrie Bradshaw for "Sex and the City." Now, the costume designer's dressing her again — albeit a teenage, 1980s version, in the prequel "The Carrie Diaries." He talks about how he created the wardrobe for her youthful years in "The Carrie Diaries."

▶ Daman

▶ AnnaSophia Robb as teenage Carrie Bradshaw.

The wardrobe was such an important part of "Sex and the City," it was practically its own character. How much pressure did you feel sourcing the young Carrie's closet for the new show?

I was quite stressed out by the thought of having to take on such an overwhelming task. But I was elated to be able to breathe new life into such an amazing fashion icon. The best part of it is being able to relive my coming-of-age '80s angst, from when I was a teen in the Midwest dreaming of a life in New York City.

You've worked with both Carries: How do they differ in their approach to fashion choices?

The approaches are very different. We have to remember that this Carrie is a teenager who goes to public school. She will stay true to her idiosyncratic style, not giving in to predetermined trends but making her own. So in that sense, there's a similarity.

What designers would Carrie be wearing in 2013?

Couture mixed with American daywear. She'd be wearing some Georges Chakra, Jenny Packham, Phillip Lim, Alexander Wang and Rag & Bone. And of course, some vintage Bill Blass, Balmain, Geoffrey Beene and Andre Courreges.

Carrie was known for that nameplate necklace and her Manolos. What are some of the key accessories and clothing items you're using on this show?

A personalized "Carrie" bag from Mark Cross, a "C" pendant from Alex Woo and a black, polka-dot party dress (an original vintage Scasi from the '80s) that she wears for her first night out in NYC.

SATC 2013

The new series is set in Carrie's pre-Manolo days, but we couldn't help but wonder what Carrie would be wearing now. We asked Daman to create an image of her closet — circa 2013.

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GETTY IMAGES

▶ Facebook Chairman and CEO Mark Zuckerberg introduces Graph Search features during a presentation yesterday.

Facebook unveils smarter internal search engine

Now we know what Facebook is building: a better internal search system.

Speaking at a much-hyped event at Facebook headquarters yesterday, founder and CEO Mark Zuckerberg announced improvements to Graph Search — that is, the ability to search within your social graph for specifics.

The search improvements involve the ability to ask questions in regular English, such as "Which of my friends live in New York?" The search is now intelligent enough to rank your friends based on how much interaction you've had — so that closer friends will appear higher on the results list.

It can also search based on stories or photos you've "liked." You can search for people who "like" multiple products or services, which seems likely to be a bonanza for marketers.

Photos also can be ranked by which have the most "likes," based on the people most important to you in your friends list. And one of the most helpful capabilities appears to be searching for local businesses that have received a thumbs-up from friends.

Graph Search started yesterday in beta and will appear as a blue search bar at the top of your Facebook page.

Get searching

To sign up for a Graph Search beta invite, go to **www.facebook.com/about/graphsearch**.

CHRIS TAYLOR FOR Mashable
The Social Media Guide

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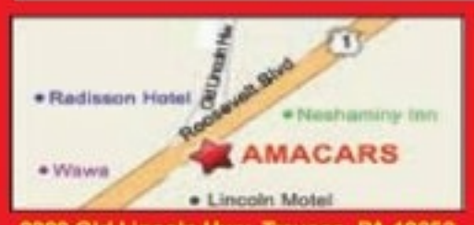

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mywellbeing

Hey guys: Planning a little tune-up in 2013?

It isn't just about hair gel and moisturizer anymore. The new metrosexual heads to the spa or plastic surgeon for "a little work."

"It now accounts for 25 percent of my patients and it's increasing steadily," says Dr. Mitchell Chasin, a cosmetic physician and medical director of New Jersey's Reflections Center for Skin and Body. "I used to have Vogue and Cosmo in my waiting room; now, I have Sports Illustrated and car magazines," he says.

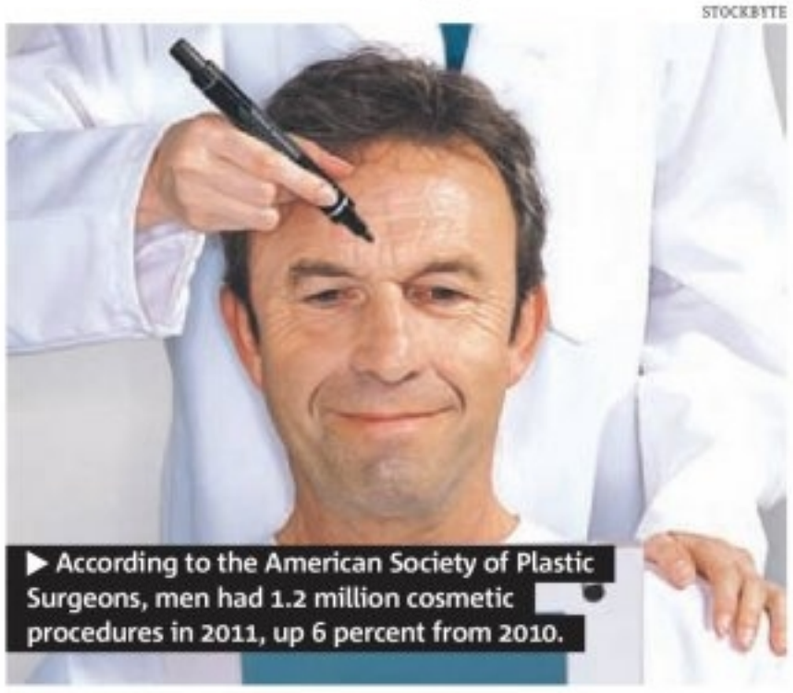
Some treatments aren't just vanity — "Male acne can be devastating," says Dr. Chasin — but men are lining up for lipo, Botox and fillers. "Five years ago, it was very uncommon," he says, "now we're doing it all the time. We call it 'Brotox.' Men do the same things women do, but they approach it differently. Most men don't want downtime or are hesitant to have people know. They tend to take it more slowly than women, a little here and there."

Though there are some physical differences — men have heavier facial muscles, they don't lose facial fat like women and they generally don't have cellulite — the motivation is the same.

"They're doing these treatments to feel good," Dr. Chasin says.

Linda Clarke
letters@metro.us

STOCKBYTE



▶ According to the American Society of Plastic Surgeons, men had 1.2 million cosmetic procedures in 2011, up 6 percent from 2010.

10% Plastic surgery procedures attributed to men, an 121 percent increase from 15 years ago, according to American Society for Aesthetic Plastic Surgery

Teeth, too!

Nearly one-third of all patients of cosmetic dentistry are males, says the American Academy of Cosmetic Dentistry.

"Men are more image-conscious due to our modern society," says Dr. Irwin Smigel, cosmetic dentist and creator of Supersmile whitening products. "A better smile may increase confidence."

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mywellbeing

So you want to go vegan in 2013?

NEW IN THE NEW YEAR

Being vegan is no longer an unconventional way of life, and that's due in no small part to the "Forks Over Knives" book and documentary. Now comes "Forks Over Knives — The Extended Interviews," featuring even more evidence supporting the elimination of animal-based and processed foods to maintain health. We asked one of the film's experts, Cornell University nutritional scientist T. Colin Campbell, Ph.D., for all the dirt on this Earth- and body-friendly lifestyle.

Why is veganism healthier than a nonvegan diet?
I don't [even] use the word vegan. Vegans can eat processed food as long as it contains no animal elements. I call it a whole food, plant-based diet. In my studies, the evidence is overwhelmingly positive. In just two weeks, we have found that cholesterol levels drop; aches disappear. Many changes occur. It's not just about preventing disease, but treating disease.

But isn't animal protein necessary for our health?
People have been advised that for a long time. A whole food, plant-based diet supplies all the protein we need and at an ideal level, about 10 percent of our calorie intake. That's enough. But animal protein takes it up to about 70 to 80 percent. Early studies found that animal protein sped up growth rate, so it was called high-quality protein. But it also speeds up growth of cancer cells. Plant protein is slower.

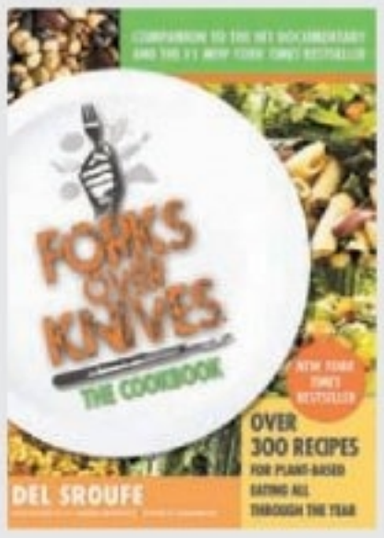
If you want to switch to this diet, are there some tiny tweaks you can start making right away?
Eliminate dairy. Evidence was found in 1925 that the protein in dairy, casein, pushes up cholesterol levels. Dairy protein is a more prominent problem than animal fat.

You've said low-fat milk is worse than whole milk; it seems counterintuitive.
In the 1940s and '50s, milk fat was deemed to be the culprit and people were told to switch to low-fat. But in low-fat milk, the protein level is increased. So, people ate more dairy protein, making the problem worse.

What about soy: Is there evidence that it is linked to breast cancer?
Soy beans contain estrogen, and estrogen is linked to breast cancer. But the studies show that high levels of estrogen are the problem. The soy bean has estrogen at such low levels that they become anti-estrogenic. They are actually beneficial in preventing breast cancer.

Q&A

You've said that some diseases immediately heal when you eliminate animal products. How does that happen?
Our body is always trying to restore health. When a whole food, plant-based diet is adopted, it quickly adjusts in the direction of health. As long as there isn't permanent damage from disease, the right food can reverse disease.



Linda Clark
letters@metro.us

Take baby steps

The Mondays Campaign, the organization behind Meatless Mondays, offers the following stats on why a plant-based diet even just once a week has benefits:

- **It limits your cancer risk:** Hundreds of studies suggest that diets high in fruits and vegetables may reduce cancer risk, and both red and processed meat consumption are associated with colon cancer.
- **It cuts your risk for heart disease:** A Harvard study found that replacing saturated fat-rich foods (for example, meat and full-fat dairy) with foods that are rich in polyunsaturated fat (for example, vegetable oils, nuts and seeds) reduces the risk of heart disease by 19 percent.
- **It helps fight diabetes:** Research suggests that higher consumption of red and processed meat increases the risk of type 2 diabetes.
- **It curbs obesity:** People on low-meat or vegetarian diets have lower body weights and body mass indices.

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Horoscope

♑ Capricorn **Dec. 22-Jan. 19.** It would do wonders for you to try to alter your weekday routine a bit. Plan to do something fun with the family that you would usually reserve for weekends.

♒ Aquarius **Jan. 20-Feb. 19.** Make a concerted effort to stay in contact with family and/or friends who are extremely important to your immediate plans. They'll be more inclined to help if you're in close proximity.

♓ Pisces **Feb. 20-March 20.** Don't hesitate to think bigger-than-life when putting together a financial endeavor. Conditions are exceptionally good for you to pull off something on a grand scale.

♈ Aries **March 21-April 19.** What works out well for you is likely to do so for those with whom you're directly involved. This is because everyone is apt to be looking out for one another's interests.

♉ Taurus **April 20-May 20.** Think positive and keep the faith, because at the very times when things look like they're going against you, your associates are likely to come through. They'll not let you down.

♊ Gemini **May 21-June 20.** Even though it might look like you're behaving extravagantly, what you're really doing is trying your best to make a solid investment of good will in your relationships with others.

♋ Cancer **June 21-July 22.** This might be one of your better days to talk to influential people about helping you advance a big personal ambition. If you want to succeed, you must be as forthright as possible

♌ Leo **July 23-Aug. 22.** If you've been restless lately and have the means to do something about it, this might be a good time to make some travel plans. Target a place that you've always wanted to visit.

♍ Virgo **Aug. 23-Sept. 22.** This could be a profitable day in more ways than one. Although you might gain financially, you'll also learn something extremely valuable in the process.

♎ Libra **Sept. 23-Oct. 23.** Persons with whom you'll have one-on-one dealings, either socially and commercially, are likely to treat you in a more bountiful fashion than usual. Be just as generous in return.

♏ Scorpio **Oct. 24-Nov. 22.** Your motives for helping others will be honest and sincere, yet owing to conditions of which you're unaware, you'll be the one who stands to benefit the most from your actions.

♐ Sagittarius **Nov. 23-Dec. 21.** Although your rabbit's foot might not be working in high-risk situations, you still could be very lucky when dealing with someone with whom you share strong emotional bonds.

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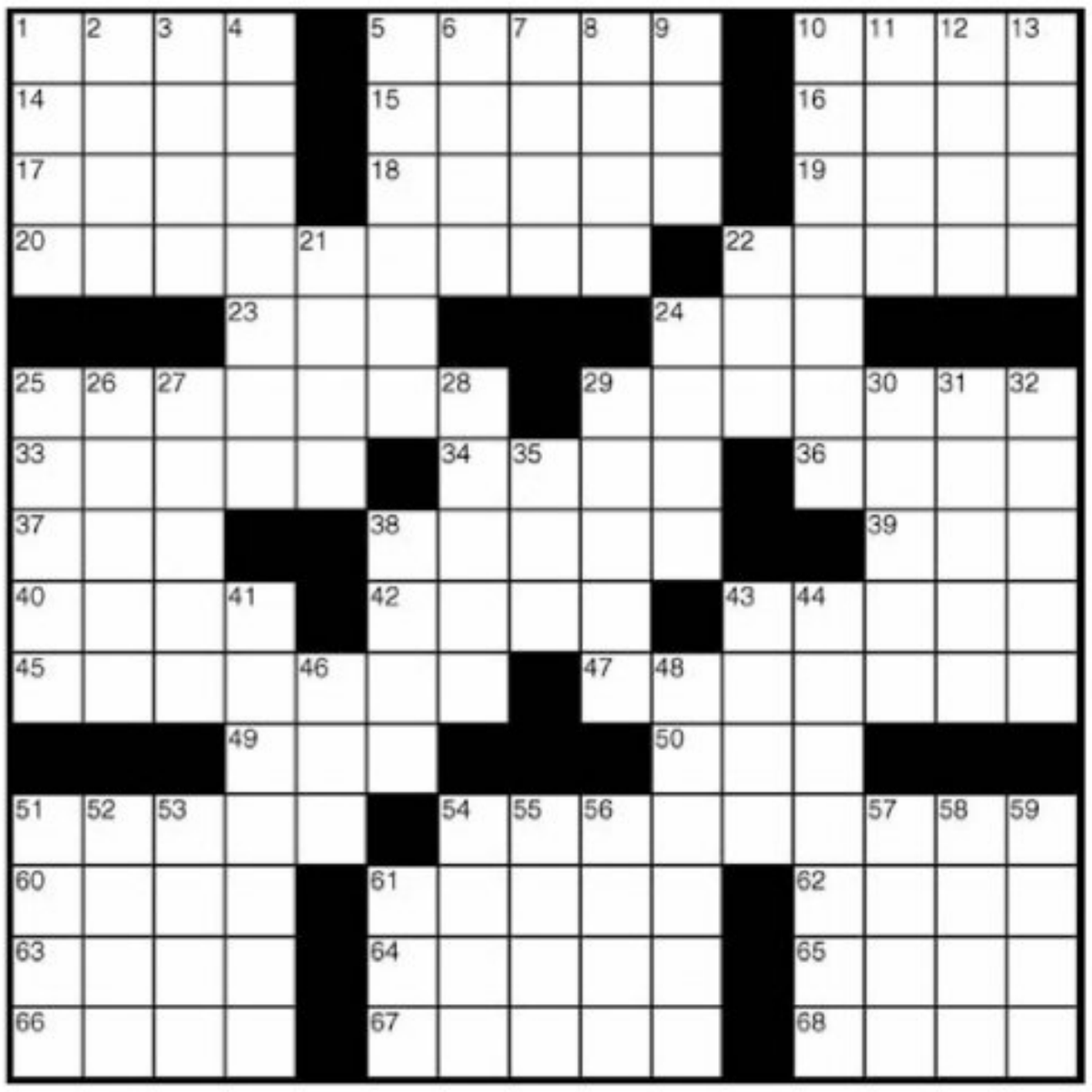
Solution to yesterday's crossword

Across
1 Get tired
5 Is destructive
10 Turn sharply
14 — -majeste
15 Actor Ryan —
16 Light tan
17 Dreaded czar
18 Cornered (2 wds.)
19 Layered haircut
20 Fervent wish (2 wds.)
22 Leopard feature
23 Stockholm carrier
24 Director Spike --
25 Kitchen fixture
29 Kind of sale (hyph.)
33 Accumulate
34 "Oh, wilderness were paradise —!"
36 Boot jingler
37 Lawyer's thing
38 Rock band Pink —
39 Dernier —
40 Sapporo sashes
42 Furry red Muppet
43 Selected
45 Theater level
47 Reconnoitered
49 Crone
50 Unser and Gore
51 Consumer advocate Ralph —
54 Type of printer (2 wds.)
60 Hit the books
61 Prize
62 Nonsense poet
63 Eye impolitely
64 Olympic contest
65 Ms. Ferber
66 Matin's opposite
67 Fresco base
68 Blushing

Down
1 Somersault
2 Strauss of denim
3 Pronto
4 Beginning
5 Froggy
6 — meridiem
7 Ms. McEntire
8 Sir's companion
9 Sneaky
10 Evening service
11 Canyon effect
12 Q.E.D. part
13 Toupees
21 Karate levels
22 Coral habitat
24 Lascivious
25 Locust bean
26 It divides to multiply (var.)
27 Spaghetti sauce herb
28 Londoner's tube
29 Fluctuates wildly (hyph.)
30 Orlando attraction
31 Caregiver
32 Hung on a line
35 — de plume
38 — shui
41 Crafty sort
43 Soft drink
44 Go-getter
46 Galley mover
48 Awoke (2 wds.)
51 Pvt.'s superiors
52 Cornstarch brand
53 Surrealist painter
54 Brubeck or Garroway
55 Cheers for toreros
56 Winery casks
57 Change decor
58 Holm and Woosnam
59 ER picture (hyph.)
61 — out (relax)



Letters

Franklin's got the right idea

RE: "FORGET ABOUT YOUR RIGHTS — LET'S MAKE SOCIETY SAFER" (METRO, JAN. 15) Letter writer Dan Venzon says, "Forget about rights and constitutional amendments!" Great idea, let's take away free speech and our right to pursue life, liberty and happiness while we are at it. Can we appoint Obama a king and go back to living under a monarchy? Oh wait, Biden already did that when he suggested using executive orders to strip us of our Second Amendment rights. Let's check with what Attorney General Holder thinks — oh wait, he's too busy selling "assault weapons" to Mexican cartels as part of Operation Fast and Furious. I'm glad that our government sees fit to arm surrounding nations but wants to take away my ability to protect my own family. **GEOFFREY T. GRAYSON, VIA E-MAIL**

Some would deny me my right to own a large caliber weapon. In return, I deny them the right to own a fast car. I decree that no one needs a car capable of more than 30 mph, except the army and police. Fast cars kill far more than slow ones, and even more than crazies with guns. **DAVID BRYCE, VIA E-MAIL**

As a non-gun owner and a veteran, I read, in disbelief, Mr. Venson's suggestion that we "forget about rights and constitutional amendments." Forget about the rights? Rights that made this country great? That were purchases and protected by the blood of our young men? And what amendments should we forget? The Second? The First? Maybe the Fourth and Fifth and even the 14th? As for me, I would prefer a free society with all its risks than the safety offered by Big Brother. I wonder, who is more dangerous — a citizen with an assault weapon or citizens, like Mr. Venson, who lack understanding of how precious our rights are. **JESSICA PHILLIPS, VIA E-MAIL**

Quoted

"'Those who would give up essential liberty to purchase a little temporary safety deserve neither liberty nor safety.'"

BOB FARLEY, VIA E-MAIL, QUOTING BENJAMIN FRANKLIN

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GOT AN OPINION? SEND US YOUR THOUGHTS

Schenn, Couturier looking to expand roles for Flyers

Young guns drawing on minor-league experience Schenn replacing Jagr on Orange and Black's top line Second-year pros expected to be key contributors

The Flyers are hoping minor-league experience pays major dividends for two of their young guns and the rest of the team when the curtain is raised on what will be a sprint-to-the-finish season.

As far as both Brayden Schenn and Sean Couturier are concerned, why not?

While the NHL lockout endlessly dragged on, forcing several players to skip across the Pond in order to play for teams in Europe, the rules were different for second-year pros like Schenn, Couturier, Zac Rinaldo and Eric Wellwood. Even though they had played all or part of an NHL campaign, they were allowed to drop down to the Adirondack Phantoms, and play every day.

GETTY IMAGES

▶ Couturier scored 10 goals in 31 games during the lockout while playing for the Phantoms.

That's just one reason Peter Laviolette has stuck Schenn in departed Jaromir Jagr's right wing spot on the top line, alongside Claude Giroux and Scott Hartnell. Couturier, a checking specialist until his breakout hat trick in Game 2 versus Pittsburgh, is being counted on to provide offense on the second line.

"I think I can bring more offensively," said Couturier, who had 13 goals and 14 assists in 77 games last year, but 10 goals and 18 assists in 31 games for the Phantoms. "I know in Juniors I put up big numbers and in the AHL I had a decent year. If I can chip in a bit more it'll help the team."

Schenn, coming off a 12-goal season in 54 games, seems brimming with confidence.

"I feel good, especially playing some games down in the minors," said Schenn, who had 13 goals and 20 assists in 33 games for Adirondack. "For us guys who were down there and the guys playing in Europe, we probably have a little bit of a head start."

Laviolette thinks that Schenn and Couturier are ready to carry more of the load this season.

"Just based on their evolvement as second year players, their role expands," said Laviolette. "The fact they've been playing, that's a positive. They played a lot of different situations down in the minor leagues."

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Houston shouldn't be problem for Holiday

Sixers guard stating strong case for All-Star nod Averaging 18.7 points per game Becoming better leader and teammate

GETTY IMAGES

▶ Holiday hopes to hear his name tomorrow.

The NBA All-Star Game is about one month away in Houston. Unless some bizarre circumstances occur between now and then, it's probable that Sixers point guard Jrue Holiday will be there.

Holiday and Thunder guard Russell Westbrook are the only two players in the league averaging at least 18 points and eight assists per game.

Plus, Holiday appears to have taken on more of a leadership role. "I think Jrue has been more vocal this year and guys respond to him," said Evan Turner. "He's stepped up his game, and when he sees something during a game, during a practice or [during a] shootaround, he mentions it. I don't know if that would have happened as much in the past. He's a big leader on this team and we all have so much respect for him."

Holiday has eclipsed the 30-point plateau twice this season. More than that, he's taking good shots and looking for his teammates more. "I think a big part of being a leader is taking the burden on your shoulders," Holiday said. "I've been speaking up a lot more this year, and I only say something if I feel it's important."

His play on the court speaks for itself. Is it at an All-Star level? "I'm not going to judge that," Holiday said. "I'll leave that to everyone else. It would be really cool, though."

Well, Holiday's peers and rivals sure think he is deserving of the honor. "He's been fantastic and he's a tough cover," Celtics guard Jason Terry said. "He's getting to the basket better than ever."

"I think his shot has improved a ton and that makes him dangerous," Nets guard Deron Williams added. "He's quick [and] tough and goes to the basket strong. Adding that jump shot consistently has made him a budding star."

When All-Star rosters are announced tomorrow night, live on TNT, it's feasible to see Holiday's name — especially if he keeps playing at this torrid pace. "It would be amazing," Holiday said.

Andy Jasner
sports@metro.us

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▶ McCoy had been on the Eagles' radar, but yesterday he agreed to be San Diego's coach.

McCoy leaves Denver, lands in San Diego

As the Eagles were wining and dining Gus Bradley yesterday, another one of their candidates came off the market.

Mike McCoy accepted an offer to become the San Diego Chargers' new head coach. The Broncos offensive coordinator takes over for Norv Turner. The Eagles had interviewed McCoy, but the team was reportedly unimpressed with him.

The 40-year-old McCoy was a hot name in NFL circles, after helping turn Kyle Orton and Tim Tebow into viable quarterbacks during their stints in Denver.

With Peyton Manning running the show in Denver this past season, McCoy's offense ranked No. 4 in total offense (6,366 yards) and No. 2 in points per game (30.1). However, the Broncos were eliminated by Baltimore in last week's divisional playoff round.

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1063 Ladue, Evelyn • 1068 Kane, Jennifer • 1100 Felder, Lena • 1112 Cancelliere, Dawn
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A024 Campbell, Tykeem • A090 Hearn, Christina • B210 Butcher, Bernard
B214 Ristick, Sylvia • B233 Sherrod, Monica • C244 Williams, Sonya
C271 Keene, Rahmele • D398 Tollefson, Don • G648 Tollefson, Don • G666 Tollefson, Don

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B0067 Milton, Janeen • B0094 Carroll, Amanda • C0116 Hopewell, Jalon • D0183 Durieux, Hector
D0186 Brown, Gregory • D0236 Zimmerman, Diane • E0320 Harper, Tamika • F0348 Hill,
3073 David Mendez • H0541 Kenneth, Mohammeds • I0606 McBryde, Dawn • J0630 Victor Larracuente
J0732 Burns, Barbara • J0763 Johnson, Mark • J0782 Walker, William • J0801 Barsley, Eric
J0829 Harmon, Dante • J0855 Valley, Anne • J0864 Segal, Paul • L0979 Fioravanti, Robert

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A096 Riddick, Glendena • A104 Hardrick, Sheena • A119 Brant, January • A152 Burke, Lisa
D037 Diegel, Richard • E008 Kieffer, Kenneth • E024 Anderson, Michael
E111 Garnett, Anthony • E126 Jones, Yvone • P014 Cole, William

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0023 Gillis, Joe • 0107 Payne, Edward • 0131 Henderson, Michele • 0233 Brown, Robert • 0350 Hamilton, Monalisa
0373 Wysell Bartell, Lesette • 0404 Boakai, Eric • 0412 Farr, Anna • 0451 Saunders, Samantha
0453 Breckenbrough, Keith • 0611 Brown, Warren • 0622 Watson, Latisha • 0656 Greene, Carolyn
0699 Hall, Christine • 0737 Disabio, Ralph • 9046 Laney, Ulondah

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B206 Warner, Bindu • C351 Adams, Thomas • D453 Parsons, Brian
E514 Murray, Typhia • F608 Kelly, Timothy • K1348 Wells, Harold
O1506 Malafarina, Joe • O1536 Fitzgerald, Thomas

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A015 Salsbury, Hope • A032 Sperandeo, David • A054 - Rudolf, Sidney
A088 Morris, Patricia • B117 Parker, Sarah • B152 Hunter, Amy
B187 Munski, Danielle • B211 Laycock, Tara • C238 Vennebush, brian

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A406 Pitts, Phillip • A546 Huffnagle, Joseph • A606 Santiago, Sara • A621 Swain, Anthony • A733 Morgan, Adrinne
A769 Giles, Kelli • A875 Brown, Lydell • B1100 Brooks, Julia • B1119 Reid, Melvina • B1308 Cutler, Kevin
B1309 Norris, Brandon • B1401 Grove, Maryann • B1629 Burin, Kyle • C2103 Stanicky, Serg
C2619 Baker, Bryant • C2711 Stovall, Tyshiera • C2726 Valente, Emerson

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NEW IN THE NEW YEAR

'Happy Chic' your home

No matter the size of your apartment or the budget you're working with, decorating star Jonathan Adler shows you how to create a space you'll love ◗ You might have to 'grow a pair' first

Say buh-bye to those boring design rules. In his new book, "100 Ways to Happy Chic Your Life," potter and designer Jonathan Adler offers his whimsical spin on decorating. This involves embracing wind chimes if you so please and painting mustaches on precious family portraits — basically, having fun, getting personal and not caring what anyone says about the decor choices that make you smile. Adler believes that's the foundation for creating a fabulous space to welcome family and friends. Because let's face it: "There's nothing more happy and chic than surrounding yourself with people you love," he says.

Here, Adler shares five tips to get you started.

Restyle your bookshelf: "People end up leaving things the way they've always been — and they shouldn't. They need to be restyled and reimagined," says Adler. He suggests donating what you no longer use and integrating some tchotchkes. "I like to have some books vertical, some horizontal," says Adler. "Finding the right harmonious rhythm is intuitive."

Add color with wallpaper: "Wallpaper is a great way to make a real impact. I

Q&A

Where should people start when decorating their home?

"They should start by putting together a Pinterest board of things they love. Once they're done, they should [analyze] what it is they love about them. Then they can come up with a furniture plan and a color scheme. To come up with a color scheme they should think about what their favorite colors are. My theory is: As long as you have a healthy dose of white in there, then you can choose any accent color that really speaks to you."

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COURTESY OF JONATHAN ADLER

▶ Draw inspiration from what you love. Adler based the palette of his beach house on the golden coat of his pooch, Liberace.

▶ Shopping tip: Adler, a "devoted eBayer," finds a lot of his treasures on the site. "My main thing is to choose a price and not go above it," he says.

particularly like to wallpaper the wall behind the bed," says Adler. For renters afraid of the repercussions? "Just grow a pair," says Adler. "You'll have to scrape it off and repaint. So often when people are renting they end up not making their house as groovy as it could be."

Swag a chandelier: "Don't be ruled by where your junction box is — all you need to do is put a hook in the ceiling and you can swag a chandelier," says Adler. "It's an important thing to do over any table." His general rule: "They should be bigger than you think you need and more expensive than you think you can afford."

Get new bedding: "Bedding is like underwear: You need to out with the old and in with the new."

Add a fiddle-leaf fig tree (Ficus lyrata): "It's chic, it brings some green life into your house and it adds instant sculpture," says Adler.

Tina Chadha
tina.chadha@metro.us

Design sites

Adler loves

- www.1stdibs.com
- www.apartment therapy.com
- www.designsponge.com

Tip

Channel orange

Adler advises: "It's the color of sunshine, and it's the happiest color in the world."

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Do you have Type 2 Diabetes?

Are you having trouble controlling your blood sugar with a non-insulin medication?

If so, you may qualify to participate in our research study of an investigational formulation of insulin for diabetics.

Qualified participants must:
- Be at least 18 years of age
- Have been using a non-insulin medication for at least 6 months

Qualified participants receive:
- Study-related care and study medication at no cost
- Compensation for time and travel

Insurance is not required and transportation is available.

For more information, call toll-free **1.877.406.1165**

Do you have Type 1 Diabetes?

If so, you may qualify to participate in our research study of an investigational formulation of insulin for diabetics.

Qualified participants must:
- Be at least 18 years of age
- Have Type 1 Diabetes

Qualified participants receive:
- Study-related care and study medication at no cost
- Compensation for time and travel

Insurance is not required and transportation is available.

For more information, call toll-free **1.888.863.8043**

Have you or a loved one been diagnosed with schizophrenia?

If so, contact us today to learn about a clinical research study of an investigational schizophrenia medication for adults ages 18 to 65.

Qualified participants receive:
- All study-related medical care and investigational medication at no cost
- Total compensation up to $3,500 for time and travel

For more information, call toll free **1.877.854.6779**

Do you suffer from major depressive disorder?

You may qualify for a clinical research study evaluating an investigational medication if you:

- Are between 18 and 70 years of age,
- Have been diagnosed with depression, and
- Your current antidepressant is not relieving all of your symptoms.

Those who qualify for the study will receive study evaluations and study medications at no cost. All calls are confidential.

Contact us to find out if you, or someone you know, may be eligible to participate.

Please visit our website at: www.marigoldstudy.com

1-866-470-8897

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